

Student Summary Sheet

Course Title: Designing a 30-Day Running Program to Improve Army Combat Fitness 2-Mile Time

1. Define Heart Rate Training Zones:

- Zone 1 (Recovery):
- Zone 2 (Aerobic Base):
- Zone 3 (Tempo):
- Zone 4 (Threshold):
- Zone 5 (Max Effort):

Explain why heart rate zones are important for running program design:

2. Calculate Your Heart Rate Zones:

- Resting Heart Rate (RHR): _____
- Maximum Heart Rate (MHR = $220 - \text{age}$): _____
- Heart Rate Reserve (HRR = $\text{MHR} - \text{RHR}$): _____
- Example Target Zone (choose one to calculate): _____

3. Define NSCA Training Residuals for Endurance:

- How many days can endurance adaptations be retained without specific training?

Explain why understanding training residuals is important for designing a running plan:

4. Describe Key Components of a 30-Day Running Program:

- Weekly volume progression:
- Frequency of training sessions:
- Pacing adjustments:
- Recovery days:

5. Provide an Example of a Weekly Running Schedule:

- Day 1:
- Day 2:
- Day 3:
- Day 4:
- Day 5:
- Day 6:
- Day 7:

6. Describe the purpose of Peer Review in this course:

7. Identify Two Key Takeaways You Learned from the Course:

- Takeaway 1:
- Takeaway 2:

8. Create One Personal Action Plan Goal for Improving Your Own 2-Mile Run Performance: